

STRETCH & GO CHALLENGE

April 1 – May 12, 2013

KEEP MOVING AND STAY HEALTHY!



Download the free **Mya™** app through the App Store or Google Play and track points on your mobile device. Login with the same User ID and Password that you use on the DelaWELL Health Portal at

<https://delawell.alerehealth.com>.

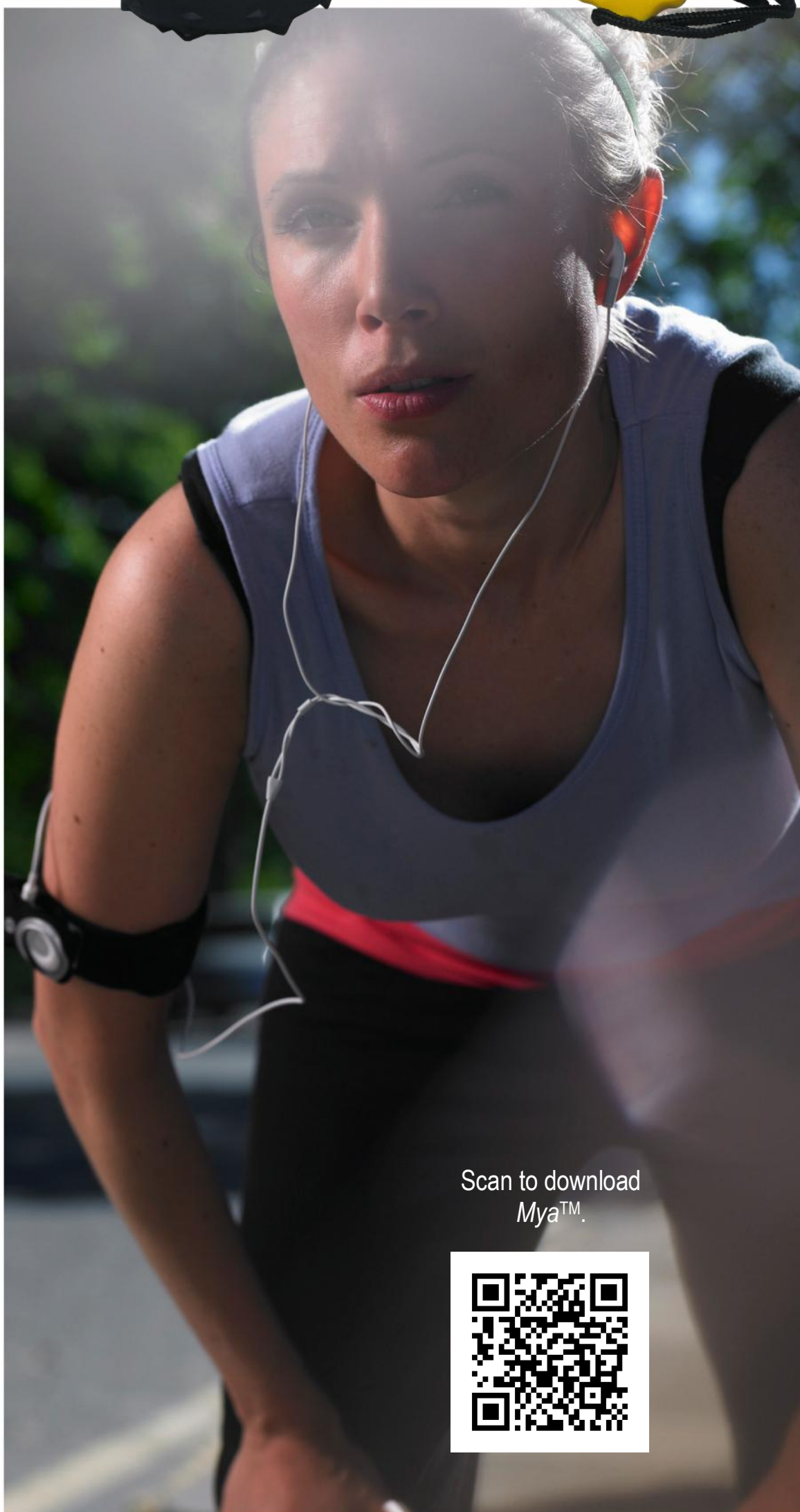
BOOST YOUR HEALTH

Experience the benefits of increasing your strength, cardio and flexibility to maintain a healthy body.

REACH THE GOAL

You will earn 1 point for each of these activities (up to 3 points per day):

- Stretch at least 10 minutes per day
- Complete at least 10 minutes of strength training per day
- Walk or complete cardio exercises at least 15 minutes per day
- Track your activity on the DelaWELL Health Portal at <https://delawell.alerehealth.com> or use the Mya™ app.
- You may choose to print the paper tracking form. If you don't have the Mya™ app, it is a convenient option to keep track of your points when you are away from a computer.
- Be sure to record all activity points online at the DelaWELL Health Portal <https://delawell.alerehealth.com> or through the Mya™ app by **May 22, 2013**.
- Challenges are designed to help you put healthy habits into practice to improve your health or maintain good health. Challenges do not count toward DelaWELL Rewards.



Scan to download
Mya™.

